

# Tips to Protect Children from Environmental Threats



## Help children breathe easier

- ✓ Don't smoke and don't let others smoke in your home or car
- ✓ Keep your home as clean as possible. Dust, mold, certain household pests, secondhand smoke, and pet dander can trigger asthma attacks and allergies.
- ✓ Limit outdoor activity when air pollution is bad such as on ozone alert days



## Protect children from lead poisoning

- ✓ Wash children's hands before they eat and wash bottles, pacifiers, and toys often
- ✓ Wash floors and window sills to protect kids from dust and peeling paint contaminated with lead—especially in older homes
- ✓ Run the cold water for 30 seconds to flush lead from pipes
- ✓ Get kids tested for lead—check with your doctor
- ✓ Test your home for lead paint hazards if it was built before 1978



## Protect children from carbon monoxide (CO) poisoning

- ✓ Have fuel-burning appliances, furnace flues and chimneys checked once a year
- ✓ Never use gas ovens or burners for heat and never use barbecues/ grills indoors or in the garage
- ✓ Never sleep in rooms with unvented gas or kerosene space heaters
- ✓ Don't run cars or lawnmowers in the garage
- ✓ Install a UL approved CO alarm in sleeping areas



## Keep pesticides and other toxic chemicals away from children

- ✓ Put food and trash away in closed containers to keep pests from coming into your home
- ✓ Don't use pesticides if you don't have to—look for alternatives
- ✓ Read product labels and follow directions
- ✓ Use bait & traps instead of bug sprays when you can and place the bait & traps where kids can't get them
- ✓ Store pesticides and toxic chemicals where kids can't reach them and never put in other containers that kids can mistake for food or drink
- ✓ Keep children, toys & pets away when using pesticides and don't let them play in fields, orchards and gardens after pesticides have been used
- ✓ Wash fruits and vegetables under running water before eating—peel them when possible



## Protect children from too much sun

- ✓ Have them wear hats, sunglasses, and protective clothing
- ✓ Use sunscreen on kids over 6 months and keep infants out of the sun
- ✓ Keep them out of the mid-day sun—the sun is most intense between 10 and 4



## Safeguard them from high levels of radon

- ✓ Test your home for radon with a home test kit
- ✓ Fix your home if your radon level is 4 pCi/L or higher. If you need help, call your state radon office or 1-800-644-6999



## Protect children from contaminated fish and polluted water

- ✓ Call the local or state health department to learn about any local advisories for limiting the amount of fish to be eaten or beach closings
- ✓ Take used motor oil to a recycling center and properly dispose of toxic household chemicals
- ✓ Find out what's in your local drinking water—call your local water system for your annual drinking water quality report or, if you have a private home drinking water well, test it every year

## Get involved

Call toll free **1-877-590-KIDS** for more information or check out EPA's web site at [www.epa.gov/children](http://www.epa.gov/children)

EPA Office of Children's Health Protection



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